



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09191, Nectarines, raw

Report Date: June 30, 2017 15:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6 7	g	87.59	17	0.651	84.9	89.7	6.0	85.993	89.178	7	Analytical or derived from analytical	--	12/2002
Energy	kcal	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	185	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2	g	1.06	8	0.060	0.82	1.26	4.0	0.903	1.225	2	Analytical or derived from analytical	--	12/2002
Total lipid (fat) 1 2 3	g	0.32	8	0.038	0.13	0.7	2.0	0.183	0.464	3	Analytical or derived from analytical	--	12/2002
Ash 1 2	g	0.48	8	0.020	0.35	0.61	6.0	0.431	0.53	2	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	10.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary 1 2 5 6 7	g	1.7	12	0.179	1.1	2.2	4.0	1.155	2.146	5	Analytical or derived from analytical	--	12/2002
Sugars, total 1 2	g	7.89	8	0.197	7.29	8.8	6.0	7.397	8.376	2	Analytical or derived from analytical	--	12/2002

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Sucrose 1 2 4	g	4.87	12	0.101	3.6	6.7	2.0	4.439	5.305	3	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) 1 2 4	g	1.57	12	0.108	1	2.17	2.0	1.102	2.036	3	Analytical or derived from analytical	--	12/2002
Fructose 1 2 4	g	1.37	12	0.059	1.1	1.6	2.0	1.113	1.62	3	Analytical or derived from analytical	--	12/2002
Lactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Maltose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Galactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Starch 1	g	0.07	4	0.043	0	0.15	3.0	-0.062	0.209	1	Analytical or derived from analytical	--	12/2002
Minerals													
Calcium, Ca 1 8	mg	6	4	1.405	5	8	1.0	-11.448	24.258	2	Analytical or derived from analytical	--	12/2002
Iron, Fe 1 2 8	mg	0.28	8	0.034	0.13	0.45	2.0	0.138	0.431	3	Analytical or derived from analytical	--	12/2002
Magnesium, Mg 1 2 8	mg	9	8	0.267	8	10	2.0	7.911	10.206	3	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2	mg	26	7	1.168	22	30	5.0	22.559	28.584	2	Analytical or derived from analytical	--	12/2002
Potassium, K 1 2 8	mg	201	6	23.230	149	228	2.0	101.372	301.273	3	Analytical or derived from analytical	--	05/2003
Sodium, Na 2 8	mg	0	3	0.153	0	1	1.0	-1.513	2.373	2	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2 8	mg	0.17	8	0.035	0.12	0.31	2.0	0.024	0.322	3	Analytical or derived from analytical	--	12/2002
Copper, Cu 1 2 8	mg	0.086	8	0.031	0.02	0.17	2.0	-0.048	0.22	3	Analytical or derived from analytical	--	12/2002
Manganese, Mn 1 2 8	mg	0.054	8	0.009	0.04	0.07	2.0	0.017	0.092	3	Analytical or derived from analytical	--	12/2002
Selenium, Se 2	µg	0.0	2	--	0	0.1	1.0	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamins													
Vitamin C, total ascorbic acid	mg	5.4	6	0.409	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin 1 2	mg	0.034	8	0.002	0.03	0.05	3.0	0.026	0.041	2	Analytical or derived from analytical	--	12/2002
Riboflavin 1 2	mg	0.027	8	0.001	0.02	0.03	3.0	0.022	0.031	2	Analytical or derived from analytical	--	12/2002

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Niacin 1 2	mg	1.125	8	0.042	0.81	1.39	6.0	1.021	1.229	2	Analytical or derived from analytical	--	12/2002
Pantothenic acid 1 2	mg	0.185	8	0.007	0.12	0.26	5.0	0.168	0.203	2	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1 2	mg	0.025	8	0.000	0.01	0.04	3.0	0.023	0.026	2	Analytical or derived from analytical	--	12/2002
Folate, total 2	μg	5	4	1.177	3	8	3.0	0.766	8.259	1	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	5	4	1.177	3	8	3.0	0.766	8.259	1	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 1	mg	6.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 1	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 6 9	µg	150	10	30.889	100	331	3.0	52.153	248.757	4	Analytical or derived from analytical	--	12/2002
Carotene, alpha 1 2 9	µg	0	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta 1 2 6	µg	98	9	19.683	59	159	2.0	13.268	182.646	3	Analytical or derived from analytical	--	12/2002
Vitamin A, IU	IU	332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Lycopene 1 2	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin 1 2	µg	130	8	14.039	63	245	4.0	89.054	170.446	2	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) 1 3	mg	0.77	5	0.253	0.43	1.02	1.0	-2.441	3.976	2	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 3	mg	0.01	5	0.007	0	0.01	1.0	-0.087	0.102	2	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma 1 3	mg	0.01	5	0.012	0	0.04	1.0	-0.146	0.171	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹ ₃	mg	0.01	5	0.009	0	0.03	1.0	-0.109	0.128	2	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹ ₂	µg	2.2	8	0.156	1.3	2.8	5.0	1.824	2.649	2	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:0	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total monounsaturated	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:1 undifferentiated	g	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total polyunsaturated	g	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan 1 2	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Threonine 1 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Isoleucine 1 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Leucine 1 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 1 2	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Methionine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Cystine 1 2	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Phenylalanine 2	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tyrosine 1 2	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Valine 1 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Arginine 1 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine 1 2	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Alanine 1 2	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Aspartic acid 1 2	g	0.568	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 1 2	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glycine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Proline 1 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Serine 1 2	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 13 14 15	mg	2.13	--	0.22	0	7.63	--	--	--	--	--	--	--
Petunidin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 13 14 16	mg	3.0	--	0.28	0.14	9.39	--	--	--	--	--	--	--
(-)-Epigallocatechin 13 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 13 14 16	mg	2.5	--	0.28	0	5.88	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 13 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 13 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 13 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Myricetin 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 13 14	mg	0.7	--	0.05	0	2.08	--	--	--	--	--	--	--
Isoflavones													
Daidzein 17	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 17	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 17	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 10 11 12	mg	4.1	--	5.46	0.12	23.52	--	--	--	--	--	--	--
Proanthocyanidin trimers 10 11	mg	1.8	--	0.76	0.68	2.92	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 10 11	mg	5.7	--	2.92	2.15	10.17	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 10 11	mg	3.3	--	2.28	0	6.89	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 10 11	mg	7.5	--	6.31	0	19.08	--	--	--	--	--	--	--

Sources of Data

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